

**PROGRAM KONSELING KELUARGA  
BAGI KELUARGAYANG MEMPUNYAI ANAK TUNAGANDA  
MELALUI PENDEKATAN *RATIONAL EMOTIVE BEHAVIOR THERAPY*  
(REBT)**

**TESIS**



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(REBT)**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Khusus

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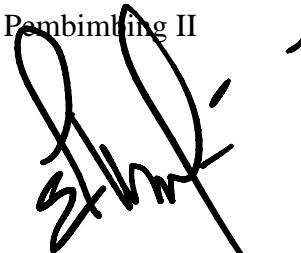
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**ABSTRAK**  
**PROGRAM KONSELING KELUARGA**  
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Keluarga merupakan tempat pertama bagi pertumbuhan dan perkembangan seorang anak, sehingga peran dan fungsi keluarga menjadi sangat penting dan bertanggung jawab terhadap tumbuh kembang anak. Namun ketika dalam keluarga terdapat anak berkebutuhan khusus seringkali mereka mengalami kesulitan baik itu dalam mengetahui, menyadari, memahami kebutuhan dan potensi yang dimiliki anak tersebut. Konseling keluarga merupakan salah satu upaya untuk membantu keluarga dalam memberikan solusi dalam menyelesaikan permasalahannya. Pendekatan REBT merupakan teknik untuk mengubah pikiran, perasaan dan perilaku. Pendekatan tersebut tentunya dapat diimplementasikan dalam konseling keluarga. Adapun tujuan dari penelitian ini adalah merumuskan program konseling keluarga bagi keluarga yang mempunyai anak tunaganda melalui pendekatan REBT. Penelitian ini dilatarbelakangi karena pemikiran irasional yang muncul pada keluarga (ibu) sehingga muncul efek-efek emosional yang menyebabkan tindakan yang kurang tepat dari keluarga sehingga anak tidak dapat berkembang secara optimal. Prosedur yang dilakukan pada penelitian ini adalah 1) studi pendahuluan meliputi analisis kondisi objektif anak dan keluarga; 2) studi literatur dalam tahap perumusan program. Metode penelitian yang digunakan adalah metode deskriptif kualitatif. Kesimpulan penelitian ini adalah 1) keluarga masih kurang dalam memahami kebutuhan dan potensi yang dimiliki oleh anak; 2) ketidakefektifan keluarga dipengaruhi oleh pemikiran irasional ibu yang kurang melibatkan semua anggota keluarga dalam memberikan dukungan terhadap anak; 3) program konseling keluarga dengan pendekatan REBT menjadi panduan untuk keluarga agar terwujud sebuah keluarga yang berkualitas.

Kata Kunci: Konseling Keluarga, Pendekatan *Rational Emotive Behavior Therapy* (REBT), Anak Tunaganda

**ABSTRACT**

**FAMILY COUNSELING PROGRAM FOR FAMILIES  
WHO HAVE A CHILD OF MULTIPLE DISABILITY THROUGH  
RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT) APPROACHES**

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The family is the first place for a child's growth and development, so the role and function of the family become very important and responsible for the child's growth and development. However when there is a child with special needs in the family they often have difficulties in knowing, realizing, understanding the needs and potential of the child. Family counseling is an effort to help family in providing solutions in solving problems. The REBT approach is a technique for changing thought, feeling and behavior. This approach can certainly be implemented in family counseling. The purpose of this research is to formulate a family counseling program for families with multiple disability children through the REBT approach. This research is motivated by irrational thinking that arises in the family (mother) so that emotional effects appear that cause inappropriate actions from the family so the child cannot develop optimally. The procedures performed in this study are 1) a preliminary study including analysis of the child's and family's objective conditions; 2) literature study in the program formulation stage. The research method used is descriptive qualitative method. The conclusions of this study are 1) the family still lacks in understanding the needs and potential of the child; 2) family optimization is influenced by the mother's irrational thinking that does not involve all family members in providing support for children; 3) family counseling program with REBT approach becomes a guide for families to realize a quality family.

**Keywords: Family Counseling, Rational Emotive Behavior Therapy (REBT) Approach, Children with Multiple Disability.**

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